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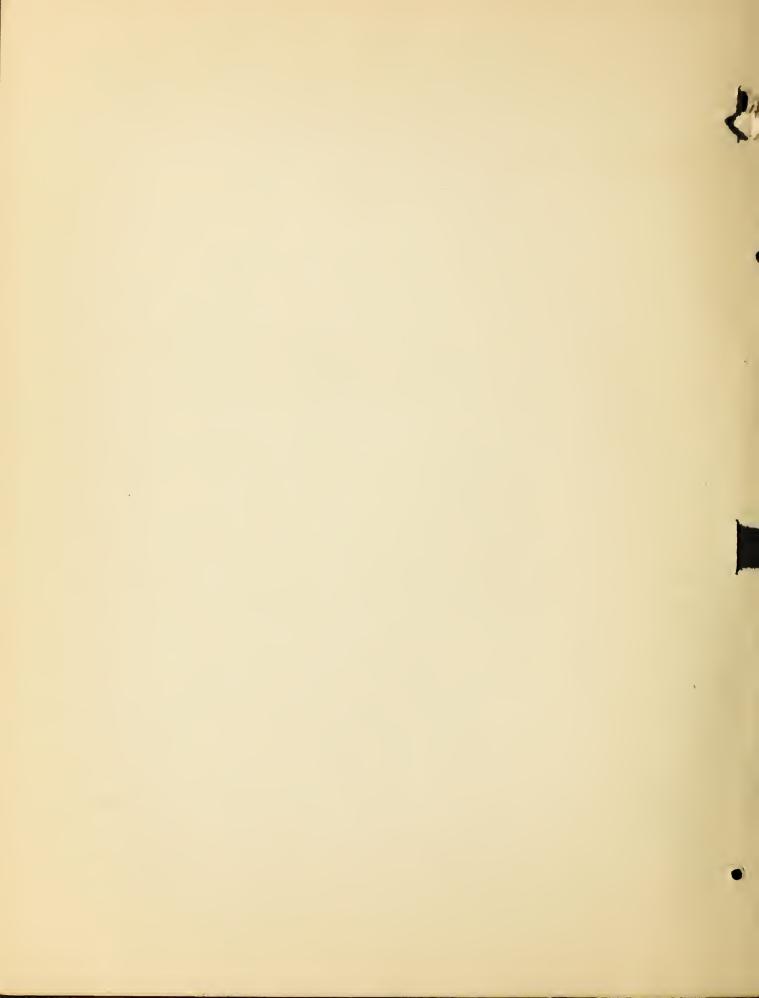
THE MARKET BASKET

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the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

The food needs of the woman living alone have been studied by the Bureau of Home Economics, U. S. Department of Agriculture and a guide has been developed to aid those who are forced to live on very, small incomes during the present employment emergency. The guide supplies a list of foods for one week which will give good nutrition returns for a limited outlay of money.

Each week, according to this food guide, an adult woman needs 3 1/2 to 7 quarts of milk; 4 to 5 pounds of bread; 1/2 to 1 pound of flour; 1 pound of cereal; 3 to 4 pounds of potatoes; 1/4 to 1/2 pound of legumes which includes peanut butter; 1½ to 2 pounds of tomatoes; 4 to 6 pounds of other vegetables and inexpensive fruits; 1 to 2 pounds of lean meat, fish, and poultry; and 1 to 3 eggs; 1/4 pound of cheese, nuts,/gelatin; 3/4 pound of fats, such as lard, salt pork, bacon, margarine, butter, etc.; 1 to 1-1/4 pounds sugars and sweets; 1/2 pound of coffee; 1/8 pound of tea; 1/3 pound of cocoa.



This list presupposes that the cooking will be done at home, which is naturally the best way to keep down food expenses. Otherwise similar foods would have to be bought ready prepared and at an increased cost.

A one burner stove with portable oven will be entirely adequate for her needs, the bureau points out. With little money, the variety of foods for each meal can not be great, but to eat simply cooked meals is much better than to eat out of paper bags, a tendency into which the person living alone is likely to fall.

Women more than men, the bureau says, are inclined to eat irregularly.

When they live by themselves this tendency is further exaggerated -- so the first requisite is to have regular meals.

Dr. Hazel K. Stiebeling, food economist of the bureau, who developed the food guide, emphasizes that if a woman eats alone she must exercise greater care and thought in meal planning. Because of the expense and difficulty in buying in small quantities, meals are likely to become monotonous and food is likely to be wasted. The best way to avoid this, she suggests, is to plan the entire week's menus before going out to shop. Storage and refrigerating facilities play an important part in keeping down expenses. This problem is comparatively easy in winter but with the advent of warmer weather perishable foods must be kept on ice.

Milk and cereals are the important mainstays of an inexpensive diet,

Doctor Stiebeling says. These two should be supplemented with tomatoes or citrus

fruits; vegetables—some of which should be of the green or yellow color; a small

quantity of lean meat, fish and eggs; cheese, fats and sweets. Persons following

this food guide will avoid malnutrition, a danger which is always likely to

accompany subnormal, industrial and agricultural conditions, she declares. As

soon as more funds are available, the quantity of meats and vegetables should

be increased.

The State of Light was

MENU FOR ONE DAY

Breakfast

Orange juice Cooked cereal with milk Coffee

Lunch

Cream of tomato Soup
Peanut butter Sandwiches
Cocoa Cookies

Dinner

Creamed Chipped Beef on Toast
Spinach
Raw cabbage and carrot salad
Apple sauce Tea

CREAMED CHIPPED BEEF

1 tablespoon fat 1 tablespoon flour 10¢ worth chipped beef 1 cup milk

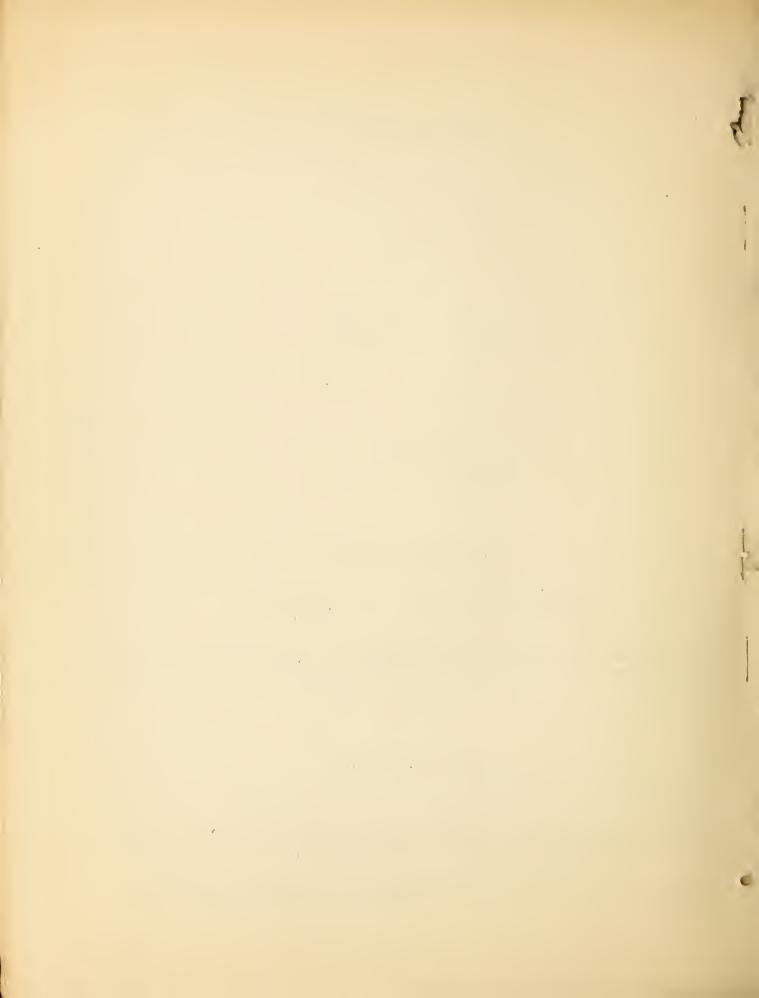
Yelt the fat in a skillet, add the beef and cook until it is somewhat brown and crisp. Sprinkle the flour over the beef, add the cold milk, stir until thickened, then cook for a few minutes longer. Serve on crisp toast.

CREAM OF TOMATO SOUP

1/2 can tomato soup 1/2 cup milk

Heat soup and milk to boiling point in separate containers. Pour tomato soup into milk and serve at once. Season to taste.

Use rest of can as sauce with meat balls, macaroni, or tomato cheese rarebit.



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THE MARKET BASKET

bу

the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

Every meal--Milk for children, bread for all.

Every day --Cereal in porridge or pudding.

Potatoes.

Tomatoes (or oranges) for children.

A green or yellow vegetable.

A fruit or additional vegetable.

Milk for all.

Two to four times a week -
Tomatoes for all.

Dried beans and peas or peanuts.

Eggs (especially for children).

Lean meat, fish or poultry, or cheese.

Use eggs abundantly now while they are cheap, is the advice given by the Bureau of Home Economics, of the U.S. Department of Agriculture, which calls attention to the fact that their high food value makes them a most important item in the diet at all times.



Of all natural foods, egg yolk is the best source of vitamin D, with the exception of fish oils. For this reason, the bureau points out, children who are given eggs from infancy are better fortified against rickets that those who do not have them.

In addition to the vitamin content of eggs, they are extremely valuable for their efficient protein and for the essential minerals—iron, calcium, phosphorus and magnesium—which are in such form as to be easily assimilated.

Next to milk, eggs are the most important source of protein in the diet of growing children. Another factor in their favor is that egg yolk resembles butter in its high percentage of vitamin A, which is sometimes known as the anti-infective vitamin.

The bureau suggests that children of 5 and 6 months be given small quantities of egg yolk, gradually increasing the amount until 18-month-old children are taking a full egg yolk. After two years they may have eggs in practically all forms provided they are properly prepared.

Since only 11 per cent of the egg is lost in the weight of the shell a pound of eggs yields a relatively high proportion of edible food material.

The present price of eggs is lower than it has been for years even after discounting the fact that they are usually more plentiful and consequently cheaper at this season. All these facts substantiate the bureau's recommendation for the inclusion of eggs in the dict.

Their present low price brings them within reach of families living on very small food budgets. Since they can be served to persons of all ages their use does away with the necessity for preparing special meals for the younger children.

Eggs have many uses in the dict. They may be served as the main dish of a meal, used in baking, for thickening sauces, to give color and flavor



and to make a crisp crust in frying. The methods of serving eggs are many, varying in different countries, so that there need be no monotony in their use.

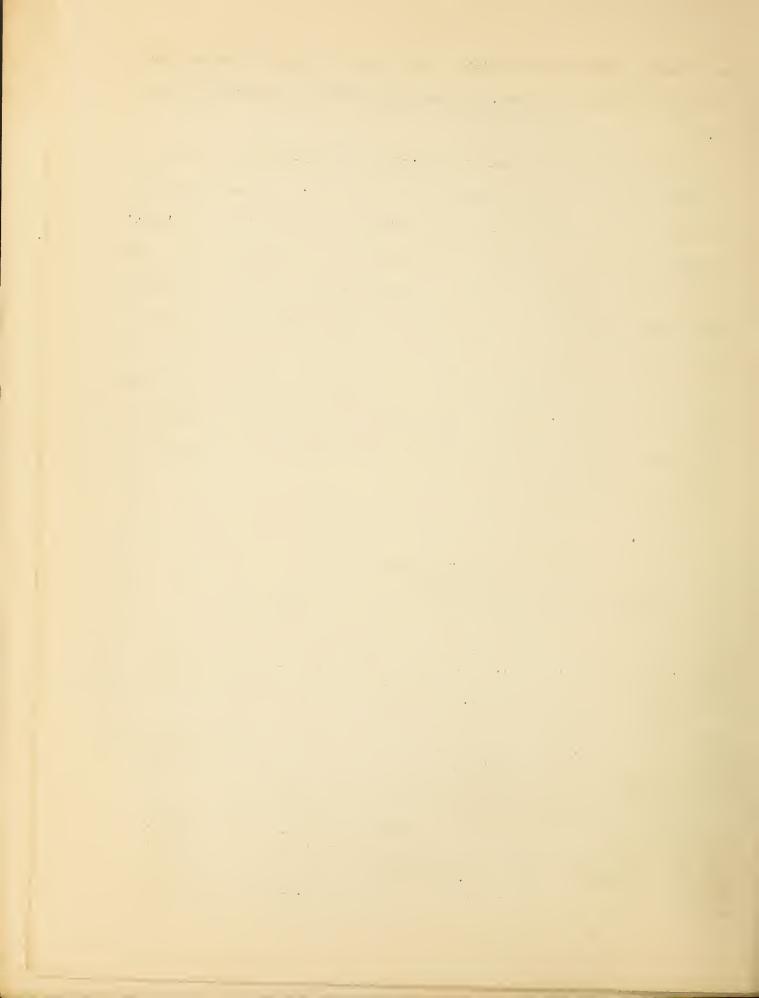
The bureau has developed the following egg recipes for the needs of the family group of seven who may be living by the low cost food guide devised by the bureau at the request of the Woman's Division of the President's Emergency Committee for Employment, of which Dr. Lillian M. Gilbreth is chairman. The omelet recipe is one that is guaranteed not to fall, which should bring special joy to those who always avoid serving them because they are never sure they will turn out right.

The average cost of filling the week's market basket as outlined below for a family of seven is \$11.26. This amount was determined by purchases of the larger quantities of food mentioned in the budget at stores selling at low prices in 14 cities.

A FAMILY OF SEVEN including father, mother and five children should buy every week:

Bread Flour Cereal Whole fresh milk.	3 - 4	lbs.
Canned unsweetened milk Potatoes Dried beans, peas, peanut butter Tomatoes, fresh or canned or citrus fruit Other vegetables (including some of green or yellow color),	20 - 30	lbs.
and inexpensive fruits. Fats, such as lard, salt pork, bacon, margarine, butter, etc. Sugar and molasses. Lean meat, fish, cheese, eggs (8 eggs approximates 1 lb.) Eggs (for children) Coffee Tea	4 5 7 - 10 8	lbs.

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MENU

Breakfast

Stewed Fruit

Cooked Cereal

Milk

Griddle Cakes Molàsses
Coffee (for adults) Milk (for children)

Lunch

Vegetable Chowder

Corn Bread

Cocoa or Milk

Dinner

Baked Eggs and Rice in Tomato Sauce Kale or other green Tea (for adults) Milk (for children) Raisin Bread Pudding

BAKED EGGS AND RICE IN TOMATO SAUCE

1-1/2 cups uncooked rice 3 cups canned tomatoes 1 teaspoon salt

1 bay leaf

1/2 chopped onion

6 cloves

3 tablespoons fat 3 tablespoons flour

7 eggs

1/2 cup grated cheese 1 cup buttered crumbs

Cook the rice in a large quantity of boiling salted water about 20 minutes. Drain, wash in hot water and place over steam. Prepare a sauce by cooking the tomatoes and seasoning for 10 minutes, strain and thicken with the blended fat and flour. Make a layer of rice in a shallow greased baking dish, drop the raw eggs carefully on the rice, pour the hot sauce over the eggs, sprinkle over the top the grated cheese mixed with the bread crumbs, and bake in a moderate oven until the eggs are set. Serve at once.



EGGS AND CODFISH

1/2 pound salt codfish 4 tablespoons fat 3 tablespoons flour 3 cups milk 3 eggs Chopped parsley Toast

Cover the fish with cold water and soak over night. Drain, flake and remove all bones. Melt the fat in a skillet, add the fish and cook about 10 minutes, stirring frequently. Sprinkle the flour over the fish, add the cold milk and cook until thickened. Pour some of this mixture into the beaten eggs, return to the skillet, cook and stir for a few minutes longer. Sprinkle the parsley over the top and serve immediately on crisp toast.

BAKED CREAMY OMELET

l cup fine dry bread crumbs l-1/2 cups milk 6 eggs l teaspoon salt
Pepper
l tablespoon fat

Soak the bread crumbs in the milk. Add the well beaten eggs, the salt and pepper. Melt the fat in a smooth skillet, add the egg mixture and cook over flame a few minutes. Bake in a moderate oven about 10 minutes or until set. Roll as a jelly roll and serve on a hot platter.

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